

1. (currently amended) A method of using a golf instructional device, said method comprising the steps of:
  - placing one or more selectively removable and repositionable foot positioning members onto a support mat surface to indicate proper placement of one or more feet of a user for swinging a golf club;
  - placing a selectively removable and repositionable club positioning member onto the support mat surface to indicate proper pre-swing body and club setup alignment;
  - placing a mirror adjacent the support mat surface, the mirror being sized and configured to indicate and maintain proper positioning of a user's eyes during a golf swing such that excessive movement by the user's head, and thus movement of the line of sight of the user's eyes, disrupts the user's vision of the reflection of the user's eyes from the mirror; and
  - having a user stand on the support mat surface and align one or more feet with the one or more foot positioning members, position the user's head such that the user can essentially only view their eyes in the mirror, and swing a golf club while the user visually observes any movement of their head in the mirror during at least a portion of the golf club practice swing;  
whereby the foot positioning member, the club positioning member and the mirror cooperatively provide the user with a properly designated setup position for swinging the golf club.
2. (previously presented) The method of claim 1, further comprising the step of:
  - adjusting the position of the one or more removable and repositionable foot positioning members, removable and repositionable club positioning member, or mirror on the support mat surface based on either a specific instructional lesson to be taught by a golf instructor, or on changes and/or improvements in the golf club swing of a user, such adjusting performed only by a golf instructor and not by the individual using the mat.

3. (original) The method of claim 1, further comprising the step of:  
providing the user with an instructional manual containing teaching methods  
corresponding to specific lessons taught by a golf instructor, such  
teachings arranged within the manual in a manner as to facilitate the user  
reinforcing specific pre-swing setup positioning and club swing techniques  
learned with the instructional device outside the presence of the golf  
instructor.

4. (currently amended) A method of providing golf instruction, said method  
comprising the steps of:  
providing a user with an instructional device having selectively removable and  
repositionable markers for designating proper setup positioning and stance  
for the user to swing a golf club, the positioning being customized and  
markers being adjustable for an individual user, the markers including at  
least one removably positionable foot positioning marker and at least one  
removably positionable club positioning marker; and  
positioning a user in a proper stance by having a golf instructor position the  
selectively removable and repositionable markers on the device in such  
locations as to teach the user a proper setup position for swinging a golf  
club; and  
providing a mirror with the instructional device for monitoring the location of a  
user's eyes while swinging the golf club, the mirror being configured and  
positioned such that excessive movement by the user's head, and thus  
movement of the line of sight of the user's eyes, disrupts the user's vision  
of the reflection of the user's eyes from the mirror;  
whereby the foot positioning marker, the club positioning marker and the mirror  
cooperatively provide the user with a properly designated setup position  
for swinging the golf club.

5. (canceled)

6. (previously presented) The method of claim 4, further comprising the step of: providing the user with an instructional manual containing teaching methods corresponding to specific lessons taught by the golf instructor, reinforcing a specific user stance and user club swing technique through teachings arranged within the manual outside the presence of the golf instructor, the selectively removable and repositionable markers for designating proper setup positioning and stance for the user to swing a golf club maintaining their positioning during transfer and subsequent setup of the instructional device .

7. (currently amended) A method of providing golf instruction in which a user makes practice golf club swings, comprising the steps of:

- placing one or more removably positionable foot positioning markers onto a surface of a support mat to indicate proper positioning and alignment of one or more feet of a user for swinging a golf club;
- placing a removably positionable club positioning marker onto the surface of the support mat to indicate proper pre-swing body and club setup alignment of the user;
- placing a removably positionable mirror adjacent to the support mat surface sized and configured to indicate to the user a proper positioning of the user's eyes prior to swinging the golf club and during at least a portion of the user's practice swing, whereby excessive movement of the user's head and thus movement of the user's line of sight, disrupts the user's vision of the reflection of the user's eyes from the mirror; and
- having a user stand on the support mat surface and align one or more feet with the one or more foot positioning markers, align a golf club shaft with the club positioning marker, position the user's head such that the user isolates the reflection of their eyes in the mirror, and swing a golf club while the user visually observes any excessive movement of their eyes in the mirror during at least a portion of the user's practice swing;

whereby the foot positioning marker, the club positioning marker and the mirror cooperatively provide the user with a properly designated setup position for swinging the golf club.

8. (previously presented) The method of claim 7, wherein the steps of placing the one or more removably positionable foot positioning markers onto the support mat surface, placing the removably positionable club positioning marker onto the support mat surface, and placing the removably positionable mirror adjacent to the support mat surface are performed by a golf instructor to provide the best body and golf club positioning setup for the user according to the physical characteristics of the user.

9. (original) The method of claim 7, further comprising the step of the golf instructor adjusting the position of at least one of the one or more foot positioning markers, the club positioning marker and mirror on the surface of the support mat based on one of:

the golf instructor observing the user's flexibility increase with practice; and  
the golf instructor observing the user's individual physical swing characteristics becoming apparent when such swing characteristics were not previously apparent.

10. (original) The method of claim 7, wherein the step of the user visually observing any excessive movement of their eyes in the mirror during at least a portion of the user's practice swing comprises the user visually observing any movement of their eyes in the mirror prior to swinging the golf club and during a portion of the user's practice swing through simulated impact with a golf ball.

11. (previously presented) The method of claim 7, further comprising the step of placing a golf ball marker on the support mat to indicate the proper setup position of a golf club head held by the user.

12. (original) The method of claim 7, further comprising the step of placing a wedge onto the surface of the support mat for the user to place one foot thereon to aid in training the user to maintain a near-stationary back leg during the entire backswing.

13. (currently amended) A method of providing golf instruction, said method comprising the steps of:

- providing a user with an instructional device having selectively removable and repositionable markers for designating proper setup positioning and stance for the user to swing a golf club, the positioning being customized and markers being adjustable for an individual user, the markers including at least one removably positionable foot positioning marker and at least one removably positionable club positioning marker;
- providing a mirror with the instructional device for monitoring the location of a user's eyes while making practice swings with the golf club;
- positioning a user in a proper stance by having a golf instructor position the selectively removable and repositionable markers on the device in such locations as to teach the user a proper setup position for swinging a golf club,
- having a golf instructor position the mirror ~~on~~ adjacent the device in such a location as to teach the user to maintain the stance and a near-steady head while making practice swings with the golf club, the mirror being sized and configured such that an incorrect stance or excessive movement of the user's head will cause the user to not see his eyes' reflection;
- providing the user with an instructional manual containing teaching methods corresponding to specific lessons taught by the golf instructor, and reinforcing a specific user stance and user club swing technique through teachings arranged within the manual outside the presence of the golf instructor, the selectively removable and repositionable markers for designating proper setup positioning and stance for the user to swing a golf club maintaining their positioning during transfer and subsequent setup of the instructional device;
- whereby the foot positioning marker, the club positioning marker and the mirror cooperatively provide the user with a properly designated setup position for swinging the golf club.